

BARRINGTON SENIOR CENTER

SHELTER FROM THE HEAT

The Barrington Senior Center is available and welcomes those who want to find some relief from the heat this summer. Open 9 a.m. - 4 p.m. Monday through Friday, we provide an air-conditioned space with opportunities to mingle and just stay cool.

At all times on hot days, follow the following guidelines to keep safe:

1. Drink plenty of liquids
2. Wear light-colored, loos-fitting clothes
3. Stay indoors during mid-day hours
4. Take it easy
5. Seek air-conditioned environments

If you are a neighbor of someone elderly, please check on them frequently in the hot weather. Know the warning signs of heat-related illness: dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems are all warning signs that help should be sought immediately.